

yoga classes october 1, 2014 - january 30, 2015

MONDAY

9 – 10:25 am	jodi	asana + meditation ~ all levels
6 – 7:25 pm		asana + meditation ~ all levels (live music by Lee Z . 2 nd Mon. 10/13, 11/10, 12/8, 1/12)

TUESDAY

8:45 – 9:45 am	jodi	semi-private class (schedule in advance)
10 – 11:25 am	claudia	gentle yoga ~ all levels

WEDNESDAY

9 – 10:25 am	jodi	asana + meditation ~ all levels	
6 – 7:25 pm	courtney	winter prep yoga ~ level 2 (10/1 - 11/19)	
	cyndy	winter prep yoga ~ all levels (11/26 - 1/28)	

THURSDAY

6 – 7:25 am	kirsten	rise & flow ~ all levels	
8 – 9:25 am	cyndy	asana + meditation ~ all levels	
9:30 – 10:30 am	jodi	semi-private class (schedule in advance)	

FRIDAY

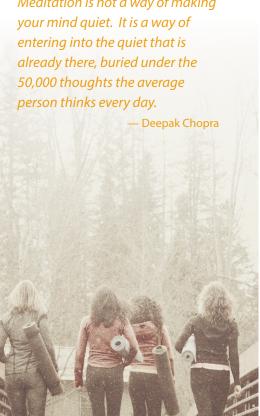
9 – 10:25 am jodi gentle yoga ~ all levels	a ~ all levels
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SATURDAY & SUNDAY

TBA	various	restorative yoga and other workshops
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there's more... _____

Meditation is not a way of making your mind quiet. It is a way of entering into the quiet that is already there, buried under the 50,000 thoughts the average person thinks every day.



class descriptions

asana & meditation

A creative blend of various forms of Hatha Yoga that unite clear principles of alignment and energetic movement while focusing on developing greater levels of awareness.

gentle yoga

Combines gentle yoga postures, breathing, and meditation. Created for students who enjoy moving at a relaxed pace.

winter prep yoga

This class targets strength, balance and flexibility for winter sports enthusiasts.

restorative yoga

Restorative Yoga deeply relaxes and rejuvenates the body. A series of carefully sequenced, gentle poses trigger a set of physiological changes that allow your body, mind, and spirit to recover from the effects of stress.

life coaching sessions

Life coaching sessions with Jodi embody an innovative and meaningful approach to personal growth and living more of your heart's desire. Jodi is a certified life and career coach and has an MA in Spiritual Psychology.

class fees

drop-ins	\$15
5 class pass (valid for 2 months)	\$60
10 class pass (valid for 2 months)	\$100
private yoga session (check for specials)	\$95
mat rental	\$2/class
Life Coaching session	\$95

shanti news

yoga retreat in costa rica March 21-28, 2015

See shantiyogamontana.com for details.



teacher training 2014/2015

Next teacher training begins October 10 see shantiyogamontana.com for all the details.

studio closed

Thanksgiving: 11/27 Christmas: 12/24-25 New Year: 12/31-1/1*

* Special New Year's Day class 12-2 pm.



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